

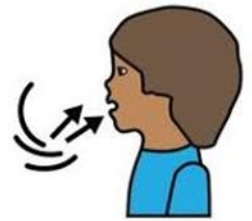
5 STEPS TO HELP YOU WHEN YOU FEEL SCARED

1. FIND A SAFE PLACE

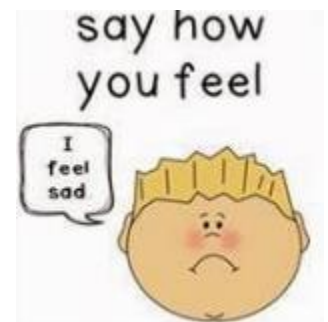


2. TAKE DEEP BREATHS

Take deep breath



3. TALK ABOUT YOUR FEELINGS



4. LISTEN TO MUSIC



Music

5. ASK A TEACHER FOR HELP



Help